# MWR HAPPENINGS & Control of the latest and the late

Volume 4 issue 12 National Naval Medical Center



Navy Moral e, Wel fare and Recreation December 2003

Your MWR InfoCenter has
The White House 2003 Tree Ornament
for only \$14! (reg. \$15 plus tax/shipping)
"The Arrival Of The

White H ouse Christmas T ree"

Gift boxed. Limited quantities available. Great gift idea to send to family and friends!



Visit the MWR InfoCenter in its new location around the corner from Main St. Call 295-0434 for more information.

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Outdoor Adventures for all active duty, reservists, retirees, DOD civilians and their family members

#### Paintball-Saturday, 13 December

It's perfect weather for paintball because the more dark layers you wear, the easier it is to hide and the less you feel the hits of the



paint balls! Cost is \$25.00, which includes gun rental, CO2 and first box of paintballs shared by entire group. Cost for those with own equipment is \$10.00, which includes field fee and paintballs. Children must be 12 years old and accompanied by their parent or legal guardian. Single sailor cost is \$15.00 for the rental package and you must show your ID to support your rank at time of payment. Bring extra money for paint! Deadline is Thursday, December 11<sup>th</sup> @ 1200. Sign up for these trips at the MWR InfoCenter, Main Street. Call 301-295-0434 for more info.





#### MWR Happenings

Liberty is a recreation program for single and unaccompanied enlisted military personnel. One guest may accompany a sailor per activity for the unsubsidized price unless otherwise stated in the program description. Non-eligible personnel over the age of 18 are able to sign up, if space is available, after the deadline for the unsubsidized cost and excluding transportation. You can sign up for all Liberty programs at the MWR Info Center on NNMC-Main Street or at the Liberty Zone in the Comfort Zone Complex, bldg. 23, during operating hours. If you need more information you may call MWR Info Center at 295.0434, The Liberty Zone @ 295.4727 or the Liberty Program Coordinators, Amy Johnson at 295.0256 or Adam Smith at 319.8431.

#### Single Sailor Discount Bowling Nights at the Bethesda Bowling Facility Mondays, December 1<sup>st</sup> and 15<sup>th</sup>

If you are looking for something fun and cheap to do during the week, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$1 per game, per person. Shoe rental is \$1.50 per pair. Stop by from 1500-2000.

#### "A Christmas Carol" @ Ford's Theater Thursday, December 4<sup>th</sup>

Come see this theatrical classic in one of America's most historic theaters. Cost is only \$20 for single sailors, and \$40 for guests. The cost only includes your ticket, so transportation is on your own. Sign up, and get your ticket, by December 3<sup>rd</sup> @ 1600. There are only a limited number of tickets, so be sure to get yours early.

#### New York City Weekend trip

Friday, December 5<sup>th</sup> – Sunday, December 7<sup>th</sup> We're heading up to the Big Apple! Care to join us? Come and shop for Christmas, or just to tour around the city for a couple of days. Either way, it's sure to be a good time. Sign up early, as this trip tends to fill up fast. Cost is only \$50, and includes transportation and lodging, so bring extra spending money. Deadline to sign up is December 3<sup>rd</sup> @



Here it is, your first chance to get to a Wizards basketball game with us this season for a very low cost. These seats are located in section 108, rows A, B, E, G, & K. Cost is only \$40 for these incredible seats, which only includes the ticket…no transportation. Sign up by Tuesday, December 9<sup>th</sup> @ 1600.

#### Casino Night

Thursday, December 11<sup>th</sup> from 7:00 to 10:00 pm Play Blackjack, Craps, Roulette, Let It Ride and Poker. Win casino money to buy drawing tickets.

The right drawing tickets could give you prizes to make your December memorable. Cost is free for single, unaccompanied sailors. Free food and refreshments.

## Capitals vs. Detroit Red Wings-MCI Center Saturday, December 13<sup>th</sup>

Hey all you hockey fans. Here's your chance to go see the Capitals take on one of the greatest hockey franchises of all time. These tickets go fast, so get them early. Cost is only \$20, which only includes the ticket. Seats are located in section 428, rows H and J. Deadline to sign up is Thursday, December 11<sup>th</sup> @ 1600.

#### **Liberty Holiday Incentive Program**

## Tickets and Limo Ride to Redskins v. Dallas Football Game on December 14th.

Participate in any Liberty program from Thanksgiving to December 13<sup>th</sup> (not including movie nights) and you will be entered to win 2 tickets to Redskins v. Dallas Cowboys football game on December 14<sup>th</sup>. We will be traveling to the game in style in a stretch Excursion limousine and tailgating before the game. This is a \$200 value per person and your chance to go for free! The more programs you participate in, the better your chances of winning tickets.



#### Gingerbread House Making at the Liberty Zone Tuesday, December 16<sup>th</sup> @ 1700

Join us in making gingerbread houses to decorate with for the holiday season.
We'll provide all the materials.
Just show up and get creative.

## December Birthday Celebration in the Liberty Zone Thursday, December 18<sup>th</sup>

Free Cake and Ice cream starting at 1645

## Ice Skating & National Christmas Tree Saturday, December 20th

Welcome winter out on the ice! Join us in downtown DC in its entire holiday splendor at the outdoor rink at the Sculpture Ga rden. After we are done twirling on the ice we will walk over the White House and check out the National Christmas Tree. Cost is \$5 with skate rental, \$2.00 without. Guest cost is \$8 with rental and \$5 without. Deadline to sign up is Thursday, December 18<sup>th</sup> @ 1600.

#### Christmas Morning Celebration Thursday, December 25<sup>th</sup> 1000-1400 Building 60 Lounge and Lobby

Don't spend the morning in your room feeling sad that you aren't home. Come by for

FOOD, movies, PRESENTS, games and holiday CHEER. Hope to see you there!





#### Coming up in January:

Wizards games, Snow skiing and more... Liberty Zone Theater

Check out your favorite flick at the Liberty Zone

Theater. The 1st movie shown at 1645 is viewer's choice.

Second movie at 1645 is from the schedule below right.

## Movies in the Barracks

Free Movie and Popcorn at 1800!

12/3 @ CBQ 61 "S.W.A.T."

12/4 @ CBQ 50 "Bad Boys 2"

12/10 @ CBQ 60 "Pirates of the Caribbean"

12/17 @ CBQ 61 "Open Range"

12/18 @ CBQ 50 "S.W.A.T"

12/24 @ CBQ 60 "Seabiscuit"

Liberty Zone-Inside the Gym, Bldg. 23 24 hr Liberty Infoline Dial 295-4727!

EMAIL: liberty@mwrbethesda.com

Monday-Friday 1630-2100 Sunday & Holidays 1200-1800

12/1	American Wedding
12/2	Batman Returns
12/3	Demolition Man
12/4	S.W.A.T.
12/5	Dirty Harry
12/7 @ 1430	Casino
12/8	How to Deal
12/9	Innerspace
12/10	Liar Liar
12/11	Uptown Girls
12/12	2 Fast 2 Furious
12/14 @ 1430	Pirates of the Caribbean
12/15	Alex and Emma
12/16	Bruce Almighty
12/17	Crocodile Dundee
12/18	Dumb and Dumberer
12/19	The Hulk
12/21 @ 1430	Open Range
12/22	Small Soldiers
12/23	Terminator 3: Rise of the Machines
12/24	The Santa Clause 2
12/25	Christmas – Closed
12/26	Lara Croft 2: Cradle of Life
12/28 @ 1430	Seabiscuit
12/29	Ghostbusters
12/30	S.W.A.T.
12/31	The Fly
	<u> </u>





Platters are available for your office parties and celebrations. Call 301-493-6554 for pricing.

For your catering needs contact: Selcuk "Sammy" Polat, Catering Manager, 301-493-6554

Catering menu available by email.

Send requests to: cafeteria@usuhs.mil



International
Days
for December:

4- India 11- Italy 18- America May all your holidays
This season be delicious!
Happy New Year from
your USU Café Staff

# Bethesda Naval Bowling Center 301-295-2034/2060

**Hours of Operation** 

Mon & Tues 1000-2200
Wed & Thurs 1500-2200
Friday 1500-Midnight
Saturday 1000-Midnight
Sunday 1300-2000



December 31st 9 PM-1 AM

# MOONLIGHT MANIA Rock and Bowl New Year's Eve Party

Party includes:

4 Games of Moonlight Mania Bowling

Dance Contest!

FUN, FOOD, Music, Light Show, and Non-alcoholic CHAMPAGNE toast! Cash bar for beer and wine

Win CASH prizes for strikes with colored pins!

\$30 per person for party with bowling \$18 per person for party only



Advance Reservations available by phone NOW!

Call the
Bowling
Center at
301-295-2034 to
charge your tickets
over the phone.

Tickets
go on sale
1 December at the
MWR
InfoCenter and the
Bowling
Center..



#### MWR InfoCenter

Call us: 301-295-0434

Exciting changes are in store for the MWR InfoCenter. We are moving over to the adjacent hallway, in a new convenient location still close to the heavily traveled Main Street. Patrons will be greeted to a noticeably enlarged space (4 times larger!). The space was once part of the Medical Library that is now the brand new Navy Exchange Uniform Shop. More space allows us to provide you with a greater volume of brochures for attractions and literature about fun destinations.



#### **Movie Theaters**

(\*movie must run at least 10 days before these tickets can be used, unless otherwise noted)

<b>AMC Theaters*</b>	\$5.75
<b>Loews/ Cineplex Odeon*</b>	\$5.75
Regal Cinemas*	\$5.75

#### Maryland

#### **Baltimore Aquarium**

\$16.00 (save \$1.50) Adult Active duty/Senior

\$13.00 (save \$1.50) Child \$9.00 (save \$ .50)

#### Virginia

#### Colonial Williamsburg

Freedom Pass 1 yr (adult) \$44.00 (save \$5.00)

Freedom Pass 1 yr

(youth) \$22.50 (save \$2.00)

One-Day

(adult) \$34.00 (save \$3.00)

One-Day

(youth) \$17.00 (save \$1.50)

**Luray Caverns** \$4 off coupon

#### Int'l Spy Museum-

Don't wait in the long lines!!

\$12.50 (save \$ .50) Adult

Senior, Military

\$11.50 (save \$ .50)

Student \$9.50 (save \$ .50)

#### Local Ski Areas

Weekend Lift Only \$40.00 Weekday Lift Only \$28.50 Night Lift Only \$22.00 Weekend Lift & Rent \$75.50 Weekday Lift & Rent \$64.00 Night Lift & Rent \$55.50 Learn to Ski Pack. \$62.00 Tubing 2-Hr. Weeke. \$15.00 Tubing 2-Hr. Weekd. \$12.00 Lift and Lift & Rent: Liberty, Roundtop, Whitetail & Windham Tubing: Liberty, Roundtop, Whitet. Learn to Ski available at Ski Areas through Dec. 23: \$19.00

#### The following tickets below are available by special order:

To order, patron must submit a 2 week advance notice and a 10% non-refundable deposit at time of order. Deposit will be applied toward total cost of tickets.

Adventure Island-Tampa Busch Gardens-Tampa Orlando Flex Ticket Wet n' Wild-Orlando Disneyland-California Legoland-California San Diego Zoo Sea World-San Diego Sea World-San Antonio

All Prices Subject To Change **All Tickets Are Discounted** 

#### Florida

#### Sea World, Orlando

Adult \$43.00 (save \$12.33) Child \$35.75 (save \$9.99)

Universal Studios, FL 1-Day Adult \$45.50 (save \$7.45) 1-Day Child \$36.00 (save \$7.41) 2-Day Adult \$82.25 (save \$18.40) 2-Day Child \$68.50 (save \$18.37) 3-Day Adult \$100.00 (save \$16.55) 3-Day Child \$78.50 (save \$24.27)

#### Disney World, FL

4-Day Hopper (ad) \$189.00 (save \$21.94)

4-Day Hopper (ch) \$151.00 (save \$17.54)

5-Day Hopper (ad) \$217.00 (save \$25.74)

5-Day Hopper (ch) \$175.00 (save \$20.04)

5-Day Hopper Plus Adult \$245.00 (save \$29.57)

5-Day Hopper Plus Child \$197.00 (save \$23.49)

6-Day Hopper Plus Adult \$274.00 (save \$32.37)

6-Day Hopper Plus Child \$220.00 (save \$25.95)

#### Disney World Pleasure Island

\$18.00 (save \$3.15)



#### MWR InfoCenter

Your MWR Information Source. Discount Tickets!!! TicketMaster Outlet! Info On Places To Go? Things To Do? Get maps and brochures! We are your ticket to savings! Central location to sign up for Liberty and Adventure Bound Trips!

#### **DISCOUNTED MOVIE Tickets!!!!** AMC, Loews, Regal



#### **Entertainment Books!**

Here's a nifty Christmas gift idea! The Entertainment 2004 book contains discount coupons worth thousands of dollars in savings. In fact, it's filled with many 50% off and 2 for 1 offers. Check out the table of contents for all the great deals. Books can be purchased at the MWR InfoCenter on Main Street for \$35.00 (available in Maryland/D.C. & Northern Virginia/D.C. editions).

# MWR InfoCenter is NNMC's HOT SPOT for COLD WEATHER FUN!

With the winter weather, the MWR InfoCenter is now shifting into high gear for the ski season. Let MWR help you ski your troubles away! Discount tickets are available for Liberty Mountain Resort (in Carroll Valley, Pennsylvania), Ski Roundtop (in Lewisberry, Pennsylvania), Whitetail Mountain Resort (in Mercersburg, Pennsylvania), and Windham Mountain Resort (in Windham, New York) at the MWR InfoCenter. You can choose from two options: lift only and lift & ski rental. These are further broken down into three types: Weekend (Monday-Friday), Weekend (Saturday-Sunday), and Night (5 p. m.-10 p.m.). Learn to Ski packages and Tubing (Weekend or Weekday) tickets may also be purchased at the MWR InfoCenter. \*\*\* Please note that the Learn to Ski package can be purchased for only \$19.00 at the ski locations through December 23.



Call the MWR Info Center at 301-295-0434 for more information.

# Book your holiday party today!

# **MWR Community Room**

Located in NNMC Bldg. 11, Main Level

- Catering Services Available (USU Café & Catering)
- 75-100 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored linens available
- Ice and refrigeration available
- Projection screen available for use



For fee information and room reservations please call: David Page, Community Services Director 301-295-0939

# Community Events ...

#### December <u>Kennedy Center Holiday Festi-</u> val (202)467-4600

# Early December Pageant of Peace National Christmas tree on the Ellipse south of the White House. (202) 208-1631 or (202)619-7222

#### December 1-24

The Life and Adventures of S. Claus Lakeforest Mall, Gaithersburg, Md. (301)840-5840, www.shoplakeforest.com

#### December 1-31

<u>Winter Lights 2003</u> Seneca Creek State Park, Gaithersburg, Md. (301)258-6350, www.ci.gaithersburg.md.us/ WinterLights

December 1– January 4, 2004 <u>Garden of Lights</u> Brookside Gardens, Wheaton, Md. (301)962-1453, www.brooksidegardens.com

December 2– January 4, 2004 <u>Holiday Tours</u> Beall-Dawson Historical Park, Rockville, Md. (301)762-1492, www.montgomeryhistory.org

#### December 5

"Antique Row" Holiday Open House Howard Ave., Kensington, Md. (301)946-4242, www.kensingtonantiquerow.com

#### December 5-7

Audubon Holiday Fair Woodend, Chevy Chase, Md. (301)652-9188, www.audubonnaturalist.org



Source: Washington Post Weekend, January 10, 2003, pages 30-36, Montgomery County Calendar of Events 2003. For informational purposes only. These events are <u>Not</u> endorsed by MWR, the Department of Navy, nor any of their instrumentalities.

# December 5– January 1, 2004 <u>Festival of Lights</u> Washington DC Temple Visitors' Center, Kensington, Md. (301)587-0144, www.washingtonLDS. org

#### December 6

<u>Scottish Christmas Walk</u> Old Town Alexandria, Va. (703)549-0111

#### December 6

Bethesda's Winter Wonderland Bethesda Metro Center, Bethesda, Md. (301)215-6660, www.bethesda.org

Montgomery Holiday Parade Downtown Silver Spring, Md. (301)565-7300, www.montgomerycountymd.gov



December 6-7, 13-14, 20-21, 27-28 <u>Holly Trolleyfest</u> National Capital Trolley Museum, Silver Spring, Md. (301)384-6088, www.dctrolley.org

#### December 6, 13

**Breakfast with Santa Old Country Buffet, Gaithersburg, Md.** (310)947-2346

#### **December 7**

<u>Tree Lighting</u> Waters House at Pleasant Fields, Germantown, Md. (301)515-2887, www.montgomeryhistory.org

#### December 12

Art Walk Participating galleries. Bethesda, Md. (301)215-6660, www.bethesda.org

#### **December 12-14**

25th Annual Sugarloaf's Winter Crafts Festival Montgomery County Fairgrounds, Gaithersburg, Md. (800)210-9900, www.sugarloafcrafts.com

December 13– January 4, 2004 <u>Holiday Display</u> Brookside Conservatories, Wheaton, Md. (301)962-1400 www.brooksidegardens.com

December 13– March 7, 2004
"Burgess Shale: Evolution's Big
Bang"National Museum of Natural
History, 10th Street and Constitution
Ave., NW.
(202)357-2700

#### December 14

Meet Dr. Stonestreet Stonestreet Museum of 19th Century Medicine, Rockville, Md. (301)762-1492, www.montgomeryhistory.org

#### December 15

<u>Steven F. Udvar-Hazy Center</u> Washington Dulles International Airport. (202)357-2700

#### December 31

New Year's Eve Alexandria, Va.-(703)838-5005, Annapolis, Md..-(410)280-0700, Baltimore, Md.-(888)225-8466, Leesburg, Va.-(703)777-6306





#### **Main Retail Store Complex**

301-295-6363 **Building 57** 

Mon-Sat 0900-2000 Sunday 1100-1800

Barber Shop, Bldg 57

301-295-6387 **57 Main Store** 

Mon-Sat 0830-1900

**Tailor Shop** 301-295-6358

0900-2000 Mon-Sat Sun 1100-1800

Laundry &

**Dry Cleaning** 301-718-8315

Mon-Fri 0830-1900 Sat 0830-1800

**Optical Shop** 

(National Vision) 301-951-9060

Mon-Fri 0900-1900 Sat 0900-1800

QuikMart/Citgo 301-295-2665

Mon-Fri 0600-2100 Sat 0800-2000 Sun 1000-1800

Blda 12

Administrative Office 301-295-0871 **Personnel Office** 301-295-6339

**NNMC NEX Package Store** 

301-295-6382 **Building 23** 

Mon-Sat 0900-1800 1100-1800 Sun

NNMC McDonald's

301-564-9549 **Building 31** 

Mon-Fri 0600-2300 0600-2330 Sat Sun 0700-2100

**NEX "Main Street" Complex** Main Hospital, Building 2

Main Street Café 301-986-4996 Mon-Fri 0630-1530

Barber Shop, 301-295-6390

**Bldg 2 Main St** 

Mon-Fri 0730-1600

Subway/Dunkin Donuts 301-652-4667

0600 - 2000 Mon-Fri 0700 - 1500Sat 0700 - 1400Sun

Café Marlene, Bldg.9 301-986-5170

0600-1400 Mon-Fri

William III Gourmet Coffee 301-295-5387

Bldg.10

Mon-Fri 0600-1600

# NEX<u>\*NAVY EXCHANGE</u> Your "Navy Family" Store!



Live Christmas trees are available in our Garden Shop for your holiday decorating.

Your Navy Exchange has great gift ideas for that "hard to shop for" person on your list!

Navy Exchange Gift Certificates-

Please visit our Customer Service counter for more information.

**AT&T phone cards** make great stocking stuffers!

**Special Savings** 

Holiday specials sale Dec 3-7

> Season's Specials Dec 10-16

Last Minute Gifts Dec 17-21

Pre-Christmas Specials Dec 22-24

> **Dollar Days** Dec 26-28

After Christmas Clearance Dec 26-28

Extended Store Hours for your shopping convenience. See our seasonal signs at each location for info.

**Waterford Signing Event** December 2 11:00 am-3:00 pm

Have your purchases signed by Artisan, Paul Farrell



Visit our new Uniform Center. located on Main Street, adjacent to our Barber Shop and Subway Store.

Our knowledgeable and friendly sales staff will be happy to assist you with all of your uniform needs.

BETHESDA NAVY LODGE Phone: 301-654-1795

Make reservations by calling 1-800-NAVY INN(628-9466) or visit online at www.navy-nex.com. GREAT RATES!!

Conference Room (35 persons)-\$50/ day Hotel Rooms-\$72/ night

Washington Navy Lodge(Anacostia) 202-563-6950

# Health Promotions Department NNMC Wellness Center, Bldg 12, 1st deck

#### Stress Strategies for the Holidays

The holidays- a time for festivity, parties, shopping, entertainment, religious observances, family gatherings, decorating and....stress! With all the extra demands we place on ourselves and expectations of the season, is it any wonder that most of us feel some stress during the holiday season? The source of holiday stress is simple; when it comes to time, money and social and family commitments, most people try to do too much. Here are some strategies for making your holidays a time of renewal:

Set Priorities. People tend to overextend themselves during the holidays. It's not necessary to attend every party and religious celebration that comes along. When allotting your limited time, choose quality over quantity. Decide what activities you and your family would most enjoy doing and focus on those. Share responsibilities with cooking and baking with others. Learn to say "no" gently but firmly to social events that are over your limit.

Plan Ahead. Nothing creates more holiday stress than last minute shopping and preparations. Take charge of the holidays in advance by making lists of things to-do and setting side some time each day for them. Consider setting a cut-off date; after that date things that haven't gotten done can be deferred until next year.

Keep It Simple. A holiday feast doesn't have to be elaborate to be wonderful. Often traditional fare is appreciated most, with guests providing some of the dishes. When shopping, take advantage of gift-wrapping services. Try shopping at home from catalogues or the Internet. Let someone else compete for the "most fabulous holiday preparations" award.

Stay in Budget. Do holiday preparations strain your budget? Learn to say no to expensive holiday ideas. Choose simple, thoughtful or useful gifts over elaborate, expensive surprises. How can you enjoy the holidays if you are worried about paying your bills?

Riding the Emotional Roller Coaster. The holidays are hard on our emotions. The holidays of our childhood take on a magical glow that is often impossible to recover in adulthood. While the radios and department stores are blaring messages of peace and joy, you are dreading the family gathering that always leads to someone not speaking to someone else. If family gatherings are stressful, avoid long visits, either in your house or away. Defer settling family arguments until some other time. Be willing to let go of old traditions if they no longer work for your family, and find new ones that do.

Take Care of Yourself. Counter the holiday pressures by giving yourself some time for rest and renewal each day. Avoid overindulgence in holiday food, alcohol and caffeine. Think about what the holidays are actually celebrating and try to stay true to that spirit.

The staff at the Health Promotion Department wishes you and yours a healthy and stress-free holiday season!

#### Nutrition & Weight Management

#### **Perinatal Nutrition**

Expected weight gain, nutritional requirements, prenatal vitamins, and other emerging issues.

DEC 12 0900-1100

#### **Cardiac Nutrition**

Role of nutrition in heart disease, interpreting lipid values, how much fat should you eat, is red meat OK, why fruits and vegetables?

DEC 08 0900-1100 DEC 22 0900-1100

Please call 301-295-5360 to register for the above programs.

#### **Ship Shape Program** (active duty only)

An 8 week program focusing on nutrition education, increased exercise and behavior modification that support a healthier lifestyle. Call 301-295-6649 to register. WEDNESDAYS JAN 28-MAR 17 2004 1500-1630

Special Seminar: "Healthy Holiday Success"-DEC 03 at 1200-1300 Bldg. 12 Diet and exercise strategies for managing holiday weight gain.



# Health Promotions Department NNMC Wellness Center, Bldg 12, 1st deck

# DECEMBER OF A STREET OF THE WAY TO SEE THE WILL HER TO SEE THE SEE THE

<u>The Healthy Weigh</u> (for all beneficiaries, NNMC Civilian employer and contractors)

An 8 week program designed to teach you healthy eating and lifestyle changes to help you look better and feel your best. Call 301-295-6649 to register.

Thursdays JAN 15-MAR 4 2004 1200-1300

#### **Tobacco Cessation**

#### **Tobacco Cessation-Intensive Training**

An information packed 3 hour session that will prepare you to quit.

DEC 02 1300-1600 DEC 18 1300-1600

#### **Fitness and Exercise**

#### NNMC Indoor Walking Path

Located in the basement of buildings 9 & 10, the indoor walking path is available for use 0600-1800, seven days per week.

#### Walking Group

Enjoy a brisk 30-minute walk Mondays and Wednesdays at 1100. Meet in front of Building 10 at the flagpole. In inclement weather, we will use the indoor walking path. Call 301-295-6649 to sign up.

#### **Healthy Back Class**

Achieve and maintain a healthy spine, decrease pain. Learn about anatomy, posture, and ergonomics.

DEC 04 1400-1500 DEC 18 1400-1500

#### **Knee School**

Learn anatomy, ergonomics, and causes of pain. Strengthening and stretching exercises demonstrated and then you'll practice, so wear your PT gear.

DEC 02 1400-1500 DEC 16 1400-1500

Both of the above offered by the Physical Therapy Service.

Please call 301-295-4880 to register.

#### Stress Management Program

#### **Stress Management**

Participants will learn and practice relaxation, breathing, stretching exercises appropriate for the worksite.

DEC 08 1300-1600

#### **Life Skills for Anger Management**

Introduces constructive thinking and actions to deal with stressful or contentious situations more effectively.

DEC 10 0930-1100

#### Women's Health

#### **Hormones and Your Health**

Women over 40-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

#### **Contraception Class**

General information to make an informed choice on contraception methods.

Call 301-295-6673 for a schedule of the above classes.

#### **Breast Cancer Risk Assessment Class**

Learn about your personal risk for developing breast cancer and what you can do to decrease your risk. Offered by the Breast Care Center. Please call 301-295-3899 for more information.

Healthy Happenings information
is provided by
Health Promotion Service,
www.nnmc.med.navy.mil
National Naval Medical Center,
Wellness Center
8901 Wisconsin Avenue, BLDG 12, 1st deck
Bethesda, Maryland 20889
301-295-5502



# Comfort Zone Complex 100% ID check Hours of Operation

Mon-Fri 0500-2100 Sat-Sun 0900-1800

#### **Pool Hours**

Mon-Fri 0500-2000 Mon-Fri (Active Duty Only) 1100-1300 Sat-Sun 1100-1700

#### **Holiday Hours**

Follow weekend schedule

#### **Liberty Zone**

Mon-Fri 1630-2100 Sun 1200-1800

Members include all active duty military and their immediate family members, retired military, and reservist.

#### DOD Civilians and Non-DOD Federal Employees are eligible for membership at the following rates:

	Daily	6 mos. Annua	al	
DOD Civilians	\$3	\$50	\$75	
Non-DOD Federal Employees \$5 \$75 \$150				

Please note: Contractors and family members of DOD and NIH employees are NOT able to obtain a membership to use the facilities.

#### DECEMBER POOL CLOSING for cleaning and maintenance Friday, December 26 to Monday, January 5 Thank you for your patience.



# Run, Bike, Swim to Health Program

# How cool would it be to earn prizes for working out?

You can at the Comfort Zone Complex ...All you have to do is sign up for the Run, Bike, Swim to Health program.

This is a self-directed program. You do the activity (running, swimming, or biking) and record your mileage. As you accumulate miles, you WIN COOL prizes!! It's that easy.

To WIN the PRIZES, you MUST register, record your mileage and fill out a prize request as you reach enough miles for a prize. THAT'S IT!!

It is good for you and most of all FUN!!

Register at the CZC front desk today.

Call 301.295.2450 for more information.

Good luck!!





Meets every Tuesday and Thursday 1800-1930 at the CZC pool for coached workouts and 1930-2000 for stroke development.

# Snowflake Swim Challenge

Thursday, Dec. 11 1100-1300 500 yd r novice swimmers o

For novice swimmers or 1/2 mile for seasoned swimmers Call Bryan at 295-0031 for more information.

# **Pool News**

#### Regularly Scheduled Activities

- M-F, 1100-1300, Active Duty Only Swim
- Monday-Friday, 1500-1800, Pool Peak Time-crowded
- Tuesday & Thursday, 1800-2000 Sharks Swim Club (3 lanes reserved)
- Monday & Wed, 1900-2000
   Scuba Lessons
   (3 lanes reserved)
- Friday, 1800-2000, Family Swim (3 lanes reserved)
   Sunday 1300-1700, Family Swim (3 lanes reserved)

### **Attention CZC Swimmers**

It's that time of year again...PRT season which brings crowded pool lanes. Please check the pool calendar when you visit to see which days have the most activity, so you can adjust your swim schedule accordingly. A copy of this pool calendar is available at the CZC front desk.

Call Bryan at 295-0031 for more information.



WWR Ditness



# FREE SEATED MASSAGES at the Comfort Zone Complex!!!

(By appointment only) **Must present Military ID or your CZC membership card** 

Feel like you have the weight of the world on your shoulders?

FREE 15-minute chair massages are available for you on

Tuesdays and Thursdays from
1100-1300 and 1600-1800.

Appointments are
accepted beginning on Monday for only the upcoming week,
on a first come,
first served basis.

One massage per patron per week.
Call 295-2450 to schedule your massage.

## **Fitness Orientations**

Personal fitness orientations are available for all CZC

patrons, by appointment only. During your appointment, one of the Comfort Zone Complex's personal trainers will show you how to use the fitness equipment correctly and safely.

They will also help you set up a fitness program to meet your personal fitness goals.

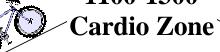
Appointment times in 45 minute increments:

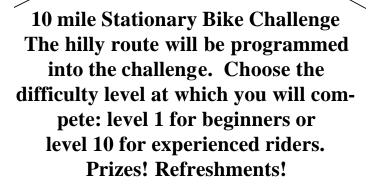
Monday-Thursday 1000, 1100, 1500, 1600

Appointments are made by calling the CZC front desk at 301-295-2450.

# Jitness Challenge

Tuesday, December 9 1100-1300





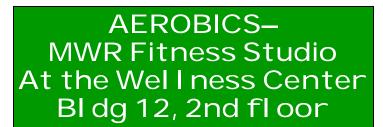
# **MWR** Fitnes

# Fitness Workshops

1200 Monday, December 15 &

Wednesday, December 17 "Strong and Safe Winter Workouts"

These workshops are part lecture and part hands on. You will learn techniques, have questions answered, and learn ways to improve your workouts and reach your goals. Call the CZC front desk for more info at 301-295-2450.



# Jiu-Jitsu/Karate

#### Jiu– Jitsu/ Karate for Kids/ Self Defense

Mondays 1900-2100	Adult Jiu-Jitsu (all	levels)
Wednesdays 1800-1945	Vanata fankida 6 14	
1800-2000	Karate for kids 6-14 yrs Women's Self Defense	
<b>Fridays</b>		
1900-2100 Saturdays	Adult Jiu-Jitsu (all	levels)
1030-1200	Karate for Kids 6-1	4 yrs
1300-1500	Adult Jiu-Jitsu	·
<b>Monthly costs:</b>	Adult Jiu-Jitsu	\$55
-	Karate for Kids	\$35
$\mathbf{W}$	omen's Self Defense	\$35

Call the CZC 295-2450 for more info. Fees may be paid at the Comfort Zone Complex Front Desk prior to starting classes for the month. Fees cover all classes taught within each category.

#### **Aerobics**

#### **Weekly schedule**

Mon	Step Aerobics	1645-1745
Tues	Step Aerobics	1130-1215
	Sculpting	1645-1745
Wed	Step Aerobics	1645-1745
Thur	sStep Aerobics	1130-1215
	Sculpting	1645-1745
Fri	Instructor's Choice	1645-1745

Class will recess from 22 Dec through 2 Jan. Classes will resume on 5 Jan 2004.

Bring your Military ID card or your Comfort Zone Complex Membership card to each class.

Call 295-2450 for more information.



#### December is Birthday month of Bingo (1929) **Human Rights Month**

National Drunk and Drugged Driving Prevention Month

#### 2003 Dail y Observances

- Basketball Created Today (1891)
- 5 Walt Disney's Birthday (1901)
- Pearl Harbor Day
- 19 Hanukkah (begins at sundown)
- 22 First Day of Winter
- 24 Christmas Eve
- 25 Christmas Day
- First Day of Kwanzaa 26
- 31 New Year's Eve

Link to MWR Calendar http://mwr.navy.mil/subpages/mwr03calendar.rtf



# Intramural **Basketball Schedule**



N.I.H Hoop Dreams @ 6:00 VS MSII/Scrubs @ 7:00 X-Ray VS

New Money vs **MFHC**  @ 8:00

Dec. 3<sup>rd</sup>

Hoop Dreams vs X-Ray @ 6:00 Old School vs MSII/Scrubs @ 7:00 Strokers vs N.I.H @ 8:00

Dec. 8<sup>th</sup>

New Money N.I.H @ 6:00 vs Hoop Dreams @ 7:00 Strokers vs X-Ray Old School @ 8:00

Dec. 10<sup>th</sup>

USUHS vs MFHC @ 6:00

**Playoffs** 

December 15<sup>th</sup> thru December 18th







Date: December 18<sup>th</sup> Time: 1200 Noon Place: Gymnasium

Prizes: T-shirt to the first 35 patrons that

sign-up and completes the event.

Contact: Wendy Tompkins 295-0031/32 or

E-mail wtompkins@mwrbethesda.com



Congratulations
to the top finishers of the 5K Turkey Trot!

1st Place Female- Lisa Versosa 20:57 1st Place Male- Gebhardt 18:02

2nd Place Female-Roche Fellar-Carol 24:50 2nd Place Male- Dean Beatty 18:21

> 3rd Place Female – Tami Graf 28:00 3rd Place Male – Green Celia 18:37



# **Kids Konnection**National Naval Medical Center

#### Children's Cove Child Development Center

Volume 3,1 ssue 12

December 2003

#### From the Administrator

November was truly a time to be thankful here at the Child Development Center. We welcomed nine new staff members to our ranks and expect five more to join us shortly. We are in the process of training them to work in the classrooms; they have already provided some welcome relief for our much overworked staff. Please take the time to say hello to Denice, Natasha, Aracely, Robin, Ming Chee, Lita, Mahasin, LaAnna, and Graciela. We are glad to have them aboard.



This has been a difficult year for those of us who support our troops overseas and for our country as a whole. The holiday season can be especially trying for families separated by distance and by war. We look forward to a time of peace and security for our children and our nation. Take time to appreciate the simple things in life that are so important to all of us: a child's delight, family making and sharing memories, the spirit of the holiday season. It is our holiday wish that the coming new year will be one of peace and prosperity for everyone.



#### From the Training Office

Cooking with kids is a fun way to promote social, motor and cognitive skills in children. The holiday season is especially well suited for this kind of activity. I am including a sugar cookie recipe that is virtually fool proof and that makes a great homemade gift:

#### Cookie Monster's Cookie Dough

Ingredients: 3/4 c. of Soft Butter or Margarine

1 c. Sugar 2 Eggs

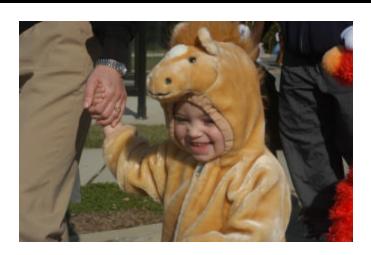
1 t. Vanilla 2 1/2 c. All-purpose flour

1 t. baking powder

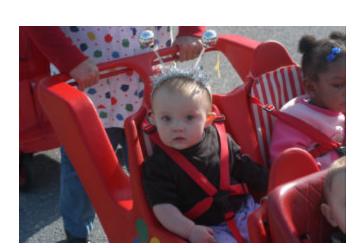
1 t. salt

Put butter in bowl. Measure 1 cup of sugar. Pour sugar over the butter. With a fork, squash butter and sugar together until they are blended. Crack shells of 2 eggs and pour eggs over mixture in bowl. Measure 1 teaspoon vanilla and pour over mixture. With fork, blend everything in the bowl together. Measure 2 1/2 cups of flour and pour over mixture in bowl. Measure 1 teaspoon of baking powder and sprinkle over flour. Measure 1 teaspoon salt and sprinkle over flour and baking powder. Mix everything together either with the fork or with your hands. Put the dough in the icebox to chill (at least one hour). You can make lots and keep it in the icebox in a plastic bag. You can roll out the dough and use cookie cutters, or you can drop it by teaspoons and then flatten it with a cup dipped in sugar. Bake the cookies at 350 degrees for 8 to 10 minutes or until just light golden brown. Cooled cookies can then be decorated, or you can sprinkle them with colored sugar before you bake them. This is Cookie Monster's Secret Recipe for cookies. Yummy!!!

Parents Please Note: The area along the front of the building is a fire lane. Parking in this area is not only illegal, but creates a great hazard for our precious children. There are enough legal spaces for parent parking, please use them. Cars parked in the fire lane will be ticketed by NNMC police.



# Our Make-Believe Parade Was Wonderful Fun!!!











# MWR Business Office, Bldg 11 Hours of Operation Mon- Fri 0730-1600

# **MWR Job Opportunities!**



Fun, Safe Environment!!! Metro Reimbursement!!! Holidays, and weekends off!

MWR Ticket Seller at the MWR InfoCenter Full time, \$5.15-\$16.64 per hour

Child Development Center, Bldg. 26, Education Aides and Techs, Flexible positions available from entry level to full performance level, \$9.14-\$11.19 per hour

Call the MWR personnel office for more info at 301-295-9307.

To pick up an application visit the NNMC MWR Personnel Office,
Building 11, Room 14, next to the tennis courts at the barracks or the

Child Development Center, Building 26.

# NNMC Fisher Houses

Happy Holidays from the NNMC Fisher Houses CFC #7642





Members of the military, retirees and their families must often travel great distances for the specialized medical care offered at the National Naval Medical Center. The NNMC Fisher Houses are "comfort homes," built on the hospital grounds. We provide a low-cost housing alternative, enabling family members to be close to their hospitalized loved ones.

Do you have a loved one in the hospital? Do you need a place to stay?

Please call (301)295-5334 for more information.

VOLUNTEERS NEEDED. Please contact (301)295-5334 for more info.

Quality of Life Director Bob Killion 301-295-0935 rskillion@bethesda.med.navy.mil Admin. Officer 301-295-0936 Marcy Dunkerley mjdunkerley@bethesda.med.navy.mil Community Services Director David Page 301-295-0939 dlpage@bethesda.med.navy.mil Marketing Mgr/Newsletter Editor Jenny Charlson 301-295-1046 jlcharlson@bethesda.med.navy.mil Personnel Mgr Millie Mathews 301-295-0956 mamathews@bethesda.med.navy.mil

Comfort Zone Complex-Gym, Fitness Center,Pro Shop, Outdoor Recreation,Gear Zone,Pool 295-2450

Hours of Operation
Mon-Fri 0500-2100
Sat- Sun 0900-1800
Pool Hours

Active Duty only M-F 1100-1300 Mon-Fri 0500-2000 Sat-Sun 1100-1700

Family Swim Friday 1800-2000 Sunday 1300-1700 Recreation Director Paul Jones

Recreation Director Paul Jones pauljones@mwrbethesda.com Athletics Director Wendy Tompkins wtompkins@mwrbethesda.com Aqua./Fitness Mgr Bryan Jackson bryanjackson@mwrbethesda.com

Liberty Zone at the CZC 295-4727 Open Mon-Fri 1630-2100 Sun & Holidays 1200-1800 liberty@mwrbethesda.com Liberty-Activities & trips for single, unaccompanied military personnel Amy Johnson, Program Mgr 295-0256

Bowling Center 295-2034 **Hours of Operation** Mon & Tues 1000-2200 Wed & Thurs 1500-2200 1500-Midnight Friday Saturday 1000-Midnight 1300-2000 Sunday Snack bar & Snack window hours Mon 1200-closing Tues-Fri 1600-closing Sat 1000-closing 1300-closing Alfred Pluche Manager Bowling-works@mwrbethesda.com

USU Café 301-493-6554 Mon-Fri 0630-1000 Breakfast, 1100-1400 Lunch, & Catering-7 Days Selcuk Polat, Mgr cafeteria@usuhs.mil

MWRInfoCenter 301-295-0434 Mon-Fri 0730-1600 Closed 1330-1430 for lunch Discount tickets, *TicketMaster* Outlet Infocenter@mwrbethesda.com

Child Development Center
301-295-0167/0014
Mon-Fri 0600-1800
Jamila Aziz Child Development Program

Administrator—jamilal@mwrbethesda.com
For info on CDC Waiting List
Please Call: (202) 433-3055